



Chiropractic Miracles

Delivering You the Best Word in Wellness and Natural Health Care

Dr. Spencer L. Hoffman's Breakthrough Patient Newsletter...

Hoffman Family Chiropractic & Wellness Center
908 Richmond Ave., Pt. Pleasant Beach, NJ 08742
732-295-1211 - fax: 732-295-7911
hoffmanchiroctr@aol.com

October 2005

Dear Patient and Friend,

Are you looking for health in all the wrong places? Most people are dreamers and searchers. If someone were to ask you to make a list of the top three wishes on your wish list, what would they be? The answer most likely would be "health, wealth and happiness." We know what it is that we want. However, do we have the information we need and the desire to find it for ourselves?

To add to our confusion about what it is that we want and how to get it, we are bombarded by advertisements through the internet, television, radio, and magazines urging us to buy new products and services guaranteed to provide us whatever it is we are searching for. Today, more than ever, millions of people are searching for "health" and "wellness." They are tired of taking pills to mask their pain and symptoms. They are in search of a newer and better answer to "health". If you are in search of "health" and "wellness" for yourself and your family, pay close attention to the following thoughts, which just may help you to **"find health in all the right places."**

INTHISISSUE

- Page 2: Are You Looking For Health In All The Wrong Places?
- Page 3: Needing Surgery?
- Page 4: Exploring A Common Myth About Chiropractic
- Page 5: Do You Drink Enough Water Or Are You Addicted To Coke?
- Page 6: Fascinating Facts To Think About...Did You Know?
- Page 7: Listen To What Our Patients Are Saying... S. Clark
- Page 8: Interview With God

1. Obey Nature's Laws.

For most of us, our situations regarding health and wellness come down to the choices we make for ourselves or don't make by default. We make our own choices regarding our health. Nobody chooses for us. Simple lifestyle choices may be the difference between living a life of health and vitality or a life filled with sickness and disease. Healthy exercise, proper nutrition, adequate sleep, stress reduction, and lots of love are key components to living a "healthy" lifestyle.

2. Become Aware Of Your Physical Environment.

This includes becoming aware of the quality of the air you breathe, the water you drink and the foods you eat. Eating foods from the earth such as vegetables and fruits are much healthier than foods containing high amounts of sugars, additives and preservatives. Remember, "You are what you eat."

3. Improve Your Emotional Well-Being.

Learn to make stress your ally, not your enemy. Emotional stress has become prevalent in society today. Busy schedules and deadlines make it difficult for us to relax. Practicing relaxation techniques such as deep breathing, meditation, and prayer can help you to respond to everyday stress in a more productive and healthy manner. Replace negative self-talk with positive affirmations throughout the day. Remind yourself just how great you really are on a regular basis.

4. Recognize The Importance Of Your Body's Natural Wisdom.

This is the most important rule to finding "health" and yet it is the most commonly overlooked. The spine and nerve system work together to provide strength and support for the body. The brain is the master controller, communicating to every tissue, organ and cell in the body by distributing messages through the nerve system. Beginning at birth, the spine is vulnerable to shocks and strains from accidents, falls, heavy lifting, sporting activities, etc. This stress to the spine can cause vertebral subluxations, which interfere with the communication between the brain and the body. Vertebral subluxations can disturb body function, lower immune function and can lead to a variety of health problems. Doctors of Chiropractic specialize in the detection and correction of vertebral subluxations. Corrective chiropractic adjustments remove nerve interference, restoring "health" naturally without drugs or surgery.

— CM —

Whether you are already a chiropractic patient for life or you are a soon to be patient, I want you to know that you can do anything you set your mind to. You can be as healthy as you choose to be. Don't take my word for it. Look at other people around you. There are people around you that have lost weight, overcome health obstacles and respond to more stress than most of us ever will. If they can be courageous and change their lifestyles, so can you.

**“... You can be as healthy
as you *Choose* to be ...
Make the
DECISION ... *Today!*”**

All you need to do to find "***health in all the right places***" is to take the first step. Don't wait for something bad to happen. Make the decision today to live a healthier lifestyle because you deserve great health and wellness. You deserve a life filled with love, vitality and all of your dreams come true.

Before we move ahead, let me first thank you for continuing to be a wonderful patient and friend and for choosing to live the "Chiropractic Lifestyle." I commend you for taking charge of your health and the health of those you love!

Needing Surgery?

The New England Journal of Medicine reported that surgery is overused for the treatment of back pain!

-The New England Journal Of Medicine, 2001:344(5), pp363-369

Surgery IS NOT the answer if you or someone you know is suffering needlessly from back pain. There may be better, more effective options. According to The New England Journal of Medicine, surgery is overused for the treatment of back pain. In fact, the rate of all types of back surgery is more than 40% higher in the U.S. than in any other country. Furthermore, it has been reported that surgery often does not improve the outcome and in some cases can even make the condition worse.

There is considerable evidence supporting the use of conservative, non-surgical methods for back pain, including chiropractic care. Corrective chiropractic care does not treat back pain. **Corrective chiropractic care corrects the cause of the back pain.** This is usually more effective and more permanent than surgery.

It is your God given right to experience the lifetime rewards of being pain free and healthy. This is why for 110 years, chiropractors have been offering a natural, safe and effective solution to back pain that massively reduces and even eliminates back pain without the potentially devastating side effects of drugs and surgery. Natural, corrective chiropractic care focuses on solving back pain at its CAUSE...Because chiropractic care focuses on YOU! It is critical to take care of the person, not just the pain.

CM

A Little More Willpower Can Change Your Life

-Newsweek-January 20, 2003

“Our love of certain foods often takes root during childhood, long before we know or care about their nutritional value. And we don’t relinquish our pleasures lightly. Healthy living is not just an exercise in abstinence. It’s about feeling better, looking better and living longer. It can be more pleasurable than rich desserts.”

Education is one of the best predictors of good health. Learning fosters both the desire to live well and the confidence to weigh conflicting prescriptions from different health experts.

Small changes can give you a sense of mastery, that can be built upon. Downplay denial. Instead of staying pre-occupied with what you can’t eat, keep in mind what you’re shooting for. Some find it helpful to replace thoughts of the absent food with thoughts of feeling better.

Programs and counselors are no substitute for inner motivation. People who feel a personal stake in their behavior are the most likely to initiate changes and maintain them.

Exploring a common MYTH about CHIROPRACTIC... "Chiropractic Care Is Dangerous"

FACT...

The safety of chiropractic care has been well documented in professional journals of all kinds. Serious side effects of a chiropractic adjustment occur approximately one out of every one to five million adjustments. Compare this to the serious side effects of medicines and surgical errors to put safety into perspective. Research reveals that over 100,000 people die each year from the effects of prescription drugs. Overall, 51% of approved drugs have serious adverse effects not detected prior to approval. Each year prescription drugs injure 1.5 million people so severely they require hospitalization and 100,000 die, making prescription drugs the 4th leading cause of death in the United States. The bottom line is that chiropractic care is far safer than any medical care you can receive.

Is Chiropractic Care Safe?

Yes! Chiropractic is among the safest of the healing arts. As proof, simply compare malpractice insurance rates between chiropractors and other health professionals.

Chiropractors' malpractice premiums are a small fraction of those for medical doctors. Also, by avoiding the potentially devastating side effects of drugs and surgery, chiropractic care enjoys an excellent track record. In fact, chiropractic care has proven to be 100 times safer than taking an over-the-counter pain reliever.

The most common side effect is better health for people of all ages.

TRUTH...

***CHIROPRACTIC...** puts nothing in the body...takes nothing out of the body...treats no disease or symptoms of the body...makes no claim to heal...gives nature the credit...aligns the spine to restore vital nerve flow...gives nature a higher potential to heal the body.*

***PAIN...** Any pain whether emotional, physical or mental has a message. Once we receive this message and follow its advice, the pain goes away. A problem is an opportunity to discover your best effort!*

Do You Drink Enough Water OR ... Are You Addicted To "Coke?" Let's Get The Facts Straight...

Let me share with you the benefits and risks involved relative to drinking water and Coke...

Are you drinking enough water everyday?

- ❑ 75% of Americans are chronically dehydrated.
- ❑ In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- ❑ Even mild dehydration slows down your metabolism as much as 3%.
- ❑ One glass of water will shut down midnight hunger pangs for almost 100% of us.
- ❑ Lack of water is the primary trigger of daytime fatigue.
- ❑ Research shows that 8-10 glasses of water a day significantly eases back and joint pain.
- ❑ A 2% drop in body water can trigger fuzzy short-term memory and difficulty focusing.
- ❑ Drinking five glasses of water daily decreases the risk of colon cancer by 45%, slash the risk of breast cancer by 79%, and reduces the incidence of bladder cancer by 50%.



Are you drinking too much Coke everyday?

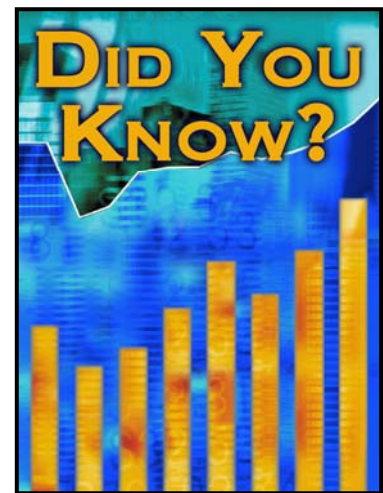
- ❑ In many states, the highway patrol carries two gallons of Coke in their trunk to remove blood from the highway after an accident.
- ❑ You can put a T-bone steak in a bowl of Coke and it will totally dissolve in two days.
- ❑ To clean a toilet, pour a can of Coke into the bowl and let the "real thing" sit for an hour and then flush it clean.
- ❑ To remove rust spots from chrome car bumpers, just rub the bumper with a rumped up piece of Reynolds Wrap aluminum foil dipped in Coke.
- ❑ To clean corrosion from car battery terminals, pour a can of Coke over the terminals to bubble away the corrosion.
- ❑ To loosen and remove grease from clothes, empty a can of Coke into a load of greasy clothes, add detergent and run on a regular cycle.
- ❑ Coke will even clean road haze from your car windshield.
- ❑ The active ingredient in Coke is phosphoric acid whose pH is 2.9. It will dissolve a nail in four days. Phosphoric acid also leaches calcium from bones and is a leading cause of osteoporosis.
- ❑ The distributors of Coke have been using it to clean the engines of their trucks for over 20 years.

Would you prefer a glass of water or a can of Coke? If a can of Coke can dissolve a T-bone steak, what can it do to your stomach? It is important to know the facts before you make the decision.

Did You Know?

Fascinating Facts To Think About

- ❑ **Women whose diets are high in calories and saturated fat have twice the risk** of developing multiple sclerosis as those who eat more moderate amounts, shows a study at the *University of Montreal*. Getting enough protein and fiber from plant sources like legumes can reduce your risk.
- ❑ **A study of more than 26,000 middle-aged to elderly men suggests regular exercise can significantly lower the risk of stroke**, according to *Medicine and Science in Sports and Exercise*, April 2002.
- ❑ **Love those grains!** Whole grains lower the chance of stroke say researchers at Harvard University. Women who replaced one serving a day of refined grains with whole grains had a 30-40 percent lower stroke risk compared with those who didn't. Add a slice of whole wheat bread to your diet.
- ❑ **Too much nasal spray can be harmful.** Using decongestant sprays too frequently and for too long can cause "rebound" congestion that is often worse than the original problem, says Margaret Reilly, clinical pharmacist at *Orlando Regional Medical Center*. If severe enough, this rebound effect can lead to addictive use.
- ❑ **Veggies may lower breast cancer.** The more veggies pre-menopausal women in their forties ate, the less likely they were to develop breast cancer, researchers found at the *State University of New York at Buffalo*. Researchers believe components in vegetables have a "synergistic effect."
- ❑ **New research suggests antibiotics often don't help acute sinusitis in kids.** So why prescribe them and raise the risk of creating antibiotic-resistant bacteria? Ask your child's doctor about alternatives. Source: *Health*, July/August 2001.
- ❑ **A researcher from Duke University in North Carolina reports** that niacin appears to have a positive effect on blood levels of HDL, the "good" cholesterol. He compared a time release form of the vitamin to a known HDL-rising drug (gemfibrozil) and found that niacin worked twice as well. Volunteers taking niacin raised their HDL levels an average of 26 percent during the study, as reported at the annual meeting of the *American Heart Association* in Dallas, November 11, 1998, by Dr. John Guyton.
- ❑ **Overloading on animal protein increases osteoporosis risk** because your body steals calcium from your bones to neutralize an acid created during the protein's digestion. Women with high acid levels were much more likely to suffer from fractures than those with low levels, say University of California, San Francisco researchers. Lots of veggies need to be eaten with animal protein to bring down the acid level.



CHIROPRACTIC MIRACLES

“Listen To What Our Patients Are Saying”

I have been a firm believer in the Chiropractic lifestyle for several years now. I have always been a believer in the body's own ability to heal and take care of itself, and I have never agreed with the attitude of today's society to take a pill for everything. Now I have found a full staff of wonderful doctors who agree with me too!

I have to say I was thrilled to find the exceptional staff at Hoffman Family Chiropractic. I must say they are truly a cut above the rest. I started going to Chiropractors seven or eight years ago after a car accident. I had herniated several disks in my lower back. At times I must say I still have some low back pain occasionally, but nothing like I had years ago! I have been to several chiropractors in the past, but Dr. Hoffman is much different than your average Chiropractor. He is truly dedicated to his patients and his craft.



The staff at Hoffman Family Chiropractic truly exemplify the meaning of Chiropractic! Since I have been going to Hoffman Family Chiropractic, I feel I have much more energy, and I am much healthier in general! My immune system is now at peak performance! I have not had to take so much as a single aspirin in over a year!

Years ago, I would catch a cold just by using a phone someone else had used, or just being near someone with a cold, but I have to say I have not had a cold in over a year now; Usually I would have a few a year! On a more personal note I also have to say my menstrual cycles are now normal and regular. Not a benefit you would normally think about, but there nonetheless! I sleep better than I ever have, and don't have the breathing, congestion and allergy problems I used to have.

So to Dr. Hoffman, I thank you for helping my own body help itself to be healthy! I don't know what I would do without you all!

-S. Clark

Closing Thought ...

Interview With God

I dreamed I had an interview with God. “So you would like to interview me?” God asked. “If you have the time,” I said.

God smiled. “My time is eternity. What questions do you have in mind for me?”

“What surprises you the most about humankind...” God answered...That they get bored with childhood. They rush to grow up and then long to be children again.”

“That they lose their health to make money and then lose their money to restore their health.”

“That by thinking anxiously about the future, they forget about the present, such that they live in neither the present nor the future.”

“That they live as if they will never die, and die as if they have never lived.” God’s hand took mine and we were silent for a while and then I asked...

“As a parent, what are some of life’s lessons you want your children to learn?” God replied with a smile, “To learn they cannot make anyone love them. What they can do is let themselves be loved.”

“To learn that it is not good to compare themselves to others. To learn that a rich person is not one who has the most, but the one who needs the least.”

“To learn that it only takes a few seconds to open profound wounds in the people we love, and it takes many years to heal them.”

“To learn to forgive by practicing forgiveness. To learn that there are persons who love them dearly, but simply do not know how to express or show their feelings.”

“To learn that two people can look at the same thing and see it differently. To learn that it is not always enough that they be forgiven by others. But that they must forgive themselves.”

“And to learn that I am here always.”

It is time that you recognize how wonderful, powerful and perfect you already are. All of the answers you will ever need are right inside of you. All you need to do is trust your inner wisdom. Set your goals, raise your standards, and choose to show up as the “Best YOU Ever!” Decide to live in the present and live an “EXTRAORDINARY” life. Share this valuable information with those you care about so they can transform their lives too!